

Tara Sullivan, PT, PRPC, WCS, IF: Launches Mind to Body Healing to Transform Pelvic Health Care

Empowering Patients and Practitioners Alike through Expertise and Education in Pelvic Floor Dysfunction



New York City, New York May 9, 2025 ([Issuewire.com](https://www.issuewire.com)) - Dr. Tara Sullivan, a leading expert in pelvic health, is proud to announce the launch of her new company, Mind to Body Healing (M2B), officially opening its doors in 2024. With a robust background in physical therapy and a specialized focus on

Pelvic Floor Dysfunction (PFD), Dr. Sullivan aims to empower both patients and healthcare providers by promoting awareness, education, and integrated care solutions in pelvic health. In 2024, she also cofounded PelviEd, a virtual residency program designed to mentor upcoming pelvic health providers to treat patients with the utmost quality of care.

Dr. Sullivan began her journey in the healthcare field as a massage therapist over ten years ago, dedicating three of those years to teaching massage and anatomy & physiology. Her passion for helping others led her to pursue higher education, earning a Bachelor of Science in Exercise and Sport Science from Oregon State University, followed by a Master of Science in Human Movement and a Doctorate in Physical Therapy from A.T. Still University. Since 2012, she has specialized in treating various forms of PFD, including bowel, bladder, sexual dysfunctions, and pelvic pain.

Having established the pelvic health program at HonorHealth in Scottsdale and expanded it to 12 locations across the valley, Dr. Sullivan is well-regarded for her individualized, hands-on approach to patient care. She takes pride in listening to her patients and educating them about their conditions, empowering them to regain a healthy and fulfilling quality of life.

In addition to her clinical work, Dr. Sullivan has made significant contributions to pelvic health education. She has developed and taught numerous pelvic health courses at local universities, including Northern Arizona University, Franklin Pierce University, and Midwestern University. As a faculty member at Herman and Wallace, she teaches continuing education courses for rehabilitation therapists and other healthcare providers, highlighting her commitment to advancing the field of pelvic health.

With the founding of Mind to Body Healing, Dr. Sullivan seeks to further her mission of spreading awareness about pelvic health issues and providing mentorship to other healthcare providers. M2B will also incorporate sexual counseling into its pelvic floor physical therapy practice, offering a comprehensive approach to treatment that addresses both physical and emotional aspects of pelvic health.

"Pelvic Floor Dysfunction affects a significant portion of the population, yet many individuals suffer in silence due to stigma and lack of awareness," says Dr. Sullivan. "At Mind to Body Healing, we strive to create a supportive environment where patients can feel comfortable discussing their concerns. Our goal is to educate both the public and healthcare professionals about the importance of pelvic health and to provide the highest quality of care."

Dr. Sullivan's dedication to her patients and the field of pelvic health is further underscored by her various professional memberships, including the American Association of Sexuality Educators, Counselors and Therapists (AASECT), the American Physical Therapy Association (APTA), the International Society for the Study of Women's Sexual Health (ISSWSH), and the International Continence Society (ICS).

Learn More about Dr. Tara Sullivan:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85023581-Tara-Sullivan-Physical-Therapist>, or through Mind to Body Healing, <https://pelvicfloorspecialist.com/about-dr-sullivan/>

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